

15. (New) A method of exercising by simulating different bicycle riding conditions on a stationary exercise bicycle, the stationary exercise bicycle comprising a frame having front and rear sockets, a pedal assembly mounted on the frame, a seat adjustably mounted in the rear socket, the seat being adjustable in the fore and aft directions relative to the rear socket, and a handlebar adjustably mounted in the front socket, the handle bar including at least one handle that provides multiple gripping positions for a rider's hands, the method comprising:

adjusting the height and the fore and aft position of the seat relative to the rear socket to facilitate riding the stationary exercise bicycle in multiple positions; and

riding the stationary exercise bicycle in multiple positions to simulate different bicycle riding conditions wherein the multiple positions include standing and sitting positions and the rider gripping the handles of the handlebar in multiple positions.

16. (New) The method of claim 15, further comprising adjusting the handlebar relative to the front socket to facilitate riding the stationary exercise bicycle in multiple positions.

17. (New) The method of claim 15 wherein the handlebar includes two handles, the method further comprising the rider resting his or her hands on one of the handles of the handlebar while riding in a seated position.

18. (New) The method of claim 15, further comprising riding the stationary exercise bicycle in a seated position while gripping the handlebar at a first gripping position, and riding the stationary exercise bicycle in a standing position while gripping the handlebar at a second gripping position.

19. (New) The method of claim 15, further comprising riding the stationary exercise bicycle in a seated position while the rider's center of gravity being behind the pedal assembly, and riding the stationary exercise bicycle in a standing position while the rider's center of gravity is over the pedal assembly.

20. (New) The method of claim 15 wherein the stationary exercise bicycle includes a flywheel coupled to the pedal assembly and a device to vary the resistance imparted to the flywheel, the method further comprising varying the resistance while riding the stationary exercise bicycle to simulate different riding conditions.

21. (New) The method of claim 15 wherein the seat and handlebar are positioned relative to the frame so that when the rider grips the handlebar, the rider's torso is bent over while the rider is in a seated riding position.

22. (New) The method of claim 15 wherein the seat and handlebar are positioned relative to the frame so that when the rider grips the handlebar, the rider's arms are bent at substantially a 90 degree angle while the rider is in a seated riding position.

23. (New) The method of claim 15 wherein the frame is mounted to the base having a width that maintains the stability of the stationary exercise bicycle, the method further comprising riding the stationary exercise bicycle in a standing position while rocking the body side to side.

24. (New) The method of claim 15 wherein the stationary exercise bicycle includes an ergometer, the method further comprising measuring the rider's heart rate with the ergometer while riding.

25. (New) The method of claim 15, wherein the stationary exercise bicycle includes a direct drive and wherein the rider's transition from sitting and standing positions is facilitated by the direct drive.

26. (New) The method of claim 25 wherein the direct drive means includes a flywheel coupled to the pedal assembly by a chain.

27. (New) A method of exercising by simulating different bicycle riding conditions on a stationary exercise bicycle, the stationary exercise bicycle comprising a frame with inter-engaging multiple upstanding posts forming at least one triangulated structure, a pedal assembly mounted to the frame, a seat adjustably mounted on the frame, the seat being adjustable in the fore and aft directions relative to the frame, and a handlebar adjustably mounted on the frame, the handlebar including at least one handle that provides multiple gripping positions for a rider's hands, the method comprising:

adjusting the positions of the seat and the handlebar relative to the frame to facilitate riding the stationary exercise bicycle in multiple positions; and

riding the stationary exercise bicycle in multiple positions to simulate different bicycle riding conditions wherein the multiple positions include standing and sitting positions and the rider gripping the handles of the handlebar in multiple positions.

28. (New) The method of claim 27, further comprising riding the stationary exercise bicycle in a seated position while gripping the handlebar at a first gripping position, and riding the stationary exercise bicycle in a standing position while gripping the handlebar at a second gripping position.

29. (New) The method of claim 27, further comprising riding the stationary exercise bicycle in a seated position while the rider's center of gravity being behind the pedal assembly, and riding the stationary exercise bicycle in a standing position while the rider's center of gravity is over the pedal assembly.

30. (New) The method of claim 27 wherein the stationary exercise bicycle includes a flywheel coupled to the pedal assembly and a device to vary the resistance imparted to the flywheel, the method further comprising varying the resistance while riding the stationary exercise bicycle to simulate different riding conditions.

31. (New) The method of claim 27 wherein the frame is mounted to the base having a width that maintains the stability of the stationary exercise bicycle, the method further comprising riding the stationary exercise bicycle in a standing position while rocking the body side to side.

32. (New) The method of claim 27 wherein the frame comprises two triangulated structures, the method further comprising riding the stationary exercise bicycle in a standing position while rocking the body side to side.

33. (New) The method of claim 27 wherein the stationary exercise bicycle includes an ergometer, the method further comprising measuring the rider's heart rate with the ergometer while riding.

34. (New) The method of claim 27, wherein the stationary exercise bicycle includes a direct drive and wherein the rider's transition from sitting and standing positions is facilitated by the direct drive.